

Depression in adults: treatment options for chronic depression, depression with personality disorder or psychotic depression

Depression with personality disorder

- Consider combination antidepressant treatment with BA, CBT, IPT, STPP
- Extend treatment, if needed, up to 1 year
- Do not withhold treatment or access to psychological therapies for depression from people with personality disorder
- See the [NICE guideline on borderline personality disorder](#) for further advice

Psychotic depression

- Consider combination antidepressant + antipsychotic
- Add psychological therapy when acute symptoms improve
- Offer referral to specialist mental health services and include risk assessment, multidisciplinary care coordination

Chronic depression

- Consider CBT, SSRIs, SNRIs, TCAs or CBT+SSRI/TCA as initial treatment options
- If no response, consider TCAs, moclobemide, irreversible MAOIs, low-dose amisulpride (seek specialist advice)
- Consider vocational and social rehabilitation and/or befriending to restore better functioning

Be aware people with these conditions can be subject to stigma